



The City of San Diego Park and Recreation Department  
 "We Enrich Lives Through Quality Parks and Programs"  
 El Departamento de Parque y Recreacion de la Ciudad de San Diego  
 "Enriquezemos Vidas por Medio de Parques y Programas de Calidad"  
[www.sandiego.gov](http://www.sandiego.gov)

# 2006

# FALL

## Program of Classes & Events



### *Canyonside*

#### **Community Park**

12350 Black Mountain Rd.  
 San Diego, CA 92129  
 (858) 538-8131



### *Black Mountain*

#### **Multi-Purpose Center**

9353 Oviedo Street  
 San Diego, CA 92129  
 (858) 538-8128

### *Hilltop*

#### **Community Park**

9711 Oviedo Way  
 San Diego, CA 92129  
 (858) 538-8198

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### *PQ Skate Park*

10111 Carmel Mtn. Rd.  
 San Diego, CA 92129  
 (858) 525-5337

## Canyonside Recreation Center Staff and Hours of Operation

### HOURS OF OPERATION \*

Mon./Wed.	2:00-8:00pm
Tues./Thurs.	2:00-9:45pm
Friday	2:00-7:00pm
Saturday	8:00am-3:00pm
Sunday	Closed

\*Hours subject to change with short notice, pending City budget constraints. Due to the budget cuts, we have very limited open play hours. For open play times, please contact the recreation center. Open play days and times may change with little or no notice.

### Holiday Closures

**Monday, 9/4/06-Labor Day**  
**Friday, 11/10/06-Veteran's Day**  
**Thursday, 11/23 and Friday, 11/24/06-Thanksgiving**  
**Monday, 12/25/06-Christmas**

### CENTER STAFF

Steve Haupt	Area Manager II
Kelly Wood	Center Director III
Rex Cabanas	Rec. Leader I
David Conrique	Rec. Leader I
Patsy Cortez-Karimi	Rec. Leader I
Taylor Haupt	Rec. Leader I
Tina Jordan	Rec. Leader I
Andrew Sablan	Rec. Leader I
Daron Smrt	Rec. Leader I
Linh Tran	Rec. Leader I

### GROUPS MAINTENANCE

Harold Guevara	GMW II
Axel Moreno	GMW II
John Shipman	GMW II
Alfonso Vargas	GMW II
Kurt Wood	GMW II



All activities accommodate children with disabilities. Upon availability, Therapeutic Recreational Services Staff will be provided for additional assistance along with Canyonside Park Contractual Staff (a three week notice is required). An assessment will be made to determine if a one-on-one aide is needed. Therapeutic Recreational Services is a citywide program that provides recreation opportunities for people with disabilities. For more information, or to be placed on their mailing list, call (619) 525-8247 or (619) 525-8249 IDD.

## Canyonside Recreation Center Class Registration Information

The Fall Session runs from September 18 - December 17, 2006. This is a 13 week session with no regular classes held during Thanksgiving Week (11/20 - 11/24). General registration for most classes begins on Tuesday, September 5, 2006. See individual classes for detailed information regarding dates, registration periods, etc. Refund requests must be submitted prior to the second class meeting. There is a \$10 processing fee for all refunds. Most classes will fall within the 12 week sessions. See below and individual program information regarding exact session dates for each class.

### Classes within 12 week session cycles:

Master Your Sports Classes (8 weeks; Canyonside, Hilltop, Black Mtn. Gym, So. Village Park & Black Mtn. Ranch Park)	Maggie's Fine Art Classes (2 four week sessions; Hilltop)
Beginning Hula (10 weeks; Canyonside)	Maggie's Art Enrichment Program (continuous; Canyonside)
Kajukenbo ( 2 five week blocks; Canyonside)	Martial Arts @ Hilltop (4 week blocks; Hilltop)
Fencing (continuous-12 weeks; Canyonside)	Adventures in Art (4 week blocks; Hilltop)
Bright Beginnings Preschool (2 six week sessions; Canyonside)	Walk, Jog, Run (continuous; Hilltop)
Yoga Class (continuous; Canyonside)	Fun Time with Toddlers (8 weeks; Canyonside)
Maggie's Fine Art Classes (2 five week sessions; Canyonside)	Play Basketball (8 weeks; Hilltop)
	Total Fitness for Every Body (8 week sessions; Hilltop)

### Classes *NOT* in 12-week session cycles:

Civic Dance Art Classes (Canyonside & Hilltop)  
 YMCA Gymnastic Classes (Canyonside)  
 Ice Skating Classes (Hilltop)

*\*Please see class information for details on individual registration dates and information\**

### Session Dates for 2006

Winter Session - Jan. 2 through March 26  
 Spring Session - March 27 through June 25  
 Summer Session - June 26 through Sept. 17  
 Fall Session - Sept. 18 through Dec. 17



## **San Diego Civic Dance Arts Classes**

Dance classes are conducted by the City of San Diego Dance Department. Fall semester begins 9/25/06 - 1/20/07. Pre-registration for fall classes is on Friday, 9/22 with the dance instructor. You may also register with the instructor after the session begins, space permitting. Sign-up early, classes fill up fast. Priority will be given to returning students.

Fees for classes are \$35 per session/resident. For more information, please call (619) 525-8258 or visit the web at [www.city-dancearts.org](http://www.city-dancearts.org)

### **Friday Classes**

**Friday classes are introductory classes.**

#### ***Pre-Tap Dance (4 and 5 years old)***

Time: 4:15pm - 5:00pm

#### ***Tap 1 (6 years & older)***

Time: 5:00pm - 5:45pm

#### ***Jazz 1 (6 years & older)***

Time: 5:45pm - 6:30pm



### **Monday Classes**

Intermediate and Advanced levels are offered on Mondays. Please see instructor for more information and to determine if these classes are appropriate for your dancer.



## ***Beginning Hula Classes***



*Join us for a fun class to learn the basics of hula and enjoy the Polynesian culture. You will learn hula basics as well as Hawaiian language, songs and culture. Come share the island spirit!!*

#### ***Keiki (Youth) Class***

*Day/Time: Mondays, 4:45pm - 5:45m*

*Fees: \$110 for a 10 week session*

*Ages: 5 - 18 years old*

*Fall classes begin the week of Sept. 18<sup>th</sup> through Nov. 27, 2006. No class Monday, 11/20.*

*There is a minimum of 5 students for class to run.*

*Kumu (instructor): Kathy Gore Stanley For more information call (619) 275-2259 or email [Healiionalani@aol.com](mailto:Healiionalani@aol.com)*

## **Self Defense/Martial Arts Kajukenbo Karate**



Kajukenbo is a combined Self-Defense Martial Arts style created in Hawaii which consists of traditional and modern methods. The style emphasizes the use of real life self-defense techniques and free style sparring. This training will enhance and teach discipline, respect, concentration, coordination, balance, flexibility, and confidence. A great class for youths, teens, and adults with all levels of ability! Come and participate in a free introductory class and feel the "Island Spirit" through this Self-Defense Martial Arts style of Kajukenbo Karate.

### **CLASS #1 Youth Beginning to Intermediate**

**AGES:** 5 - 12 years old

**DAY/TIME:** Tuesday 4:15 - 5:15pm  
Thursdays 4:00 - 5:00pm

**FEES:** \$50\*/ 5 week session (both days)  
\$40/ 5 week session  
(1day/week, Tues or Thurs)

### **CLASS #2 Youth/Teens Intermediate to Adv.**

**AGES:** 7 - 15 years

**DAY/TIME:** Tuesday 5:30 - 6:30pm  
Saturday 10:00 - 11:00am

**FEES:** \$50\*/ 5 week session (both days)  
\$40/ 5 week session  
(1 day/week, Tues or Sat)

### **CLASS #3 Adults / Advance Rank**

**AGES:** 16 yrs. and older

**DAY/TIME:** Tuesday 6:30 - 8:00pm  
Saturday 11:00-1:00pm

**FEES:** \$60\*/ 5 week session (both days)  
\$50/ 5 week session  
(1 day/week, Tues or Sat)



***\*\$2.50 off each 2 or more family members, only  
SPRING SESSION DATES***

Session I 9/19 - 10/21      Session II 10/31 - 12/9

**Instructor Rex Cabanas, a PQ resident for over 10 years and self-defense practitioner for more than 20 years. For more information, page Sifu Rex @ (858) 637-CHOP (2467). Please note: This is a pager, punch in your number and you will receive a call back.**

***for students registered for two training days a week.\****

## Canyonside Programs and Activities (858) 538-8131



Bright Beginnings  
Preschool classes are currently full. Please call us @ (619) 846-9390 or email [mslinh@sbcglobal.net](mailto:mslinh@sbcglobal.net) for more information, to have a brochure mailed to you, or to be put on the waiting list.



### Parent's Night Out

It's back! The night both parents and kids look forward to. Parents, are you yearning for some alone time? Kids want to have some fun on a Friday night? Well, Parent's Night Out is back! PNO is offered on the first Friday of the month at Canyonside. PNO is a safe and fun time for the kids, while mom and dad enjoy a night out. Just drop the kids off at 5:30pm and pick them up by 9:30pm. It's only \$10.00 per child. Our activities include: arts & crafts, team sports, games, field trips and much more. We will also show a G rated movie and provide a light snack. Registration begins 2 weeks prior to each PNO. Limit of 30 children. Sign up early! Mark your calendars! \*Due to budget limitations, PNO may be discontinued at any time with little or no notice. We are sorry for the inconvenience.\*

**AGES:** 4 - 12 years old      **FEE:** \$10.00 per child  
**DAY/TIME:** First Friday/monthly, 5:30pm - 9:30pm  
**DATES:** Oct. 6 (registration begins Sept 22)  
Nov. 3 (registration begins Oct. 20)  
Dec 1 (registration begins Nov. 17)

## Maggie's Fine Arts Programs

### Fine Art Class

*A complete fine arts program for children and adults. Learn drawing and painting skills using a variety of art materials. Have fun as you develop your creative imagination. These classes are great for all ages and ability levels. Students work at their own pace. Come and experience the joy of the fine arts.*



**Ages:** 5 years and up  
**Fees:** \$65 per 5 week session

**Days/Times:**  
Tuesdays  
4-4:55pm or 5-5:55pm  
Saturdays  
9-9:55am; 10-10:55am; 11-11:55am

**Session Dates:**  
Sess. I 9/19/06 - 10/21/06  
Sess. II 10/31/06 - 12/9/06

**Instructors:** Maggie Chiang and experienced art teachers

*For more information, please call Maggie or David Chiang at (858) 538-1925 or email [wkart2002@yahoo.com](mailto:wkart2002@yahoo.com)*

*\*Classes are also offered at Hilltop on Mondays\**

### After School Enrichment Program



We offer a specialized after-school enrichment program for Kindergarten through fifth grade students. The purpose of this program is to provide services that encourage children to achieve at levels which are commensurate with their abilities. We will provide a challenging curriculum that fits each child's need. Students will be encouraged to participate in age appropriate education programs and social activities.

Sessions run continuously in 4 week blocks.

#### **Programs:**

- English reading, writing, spelling and speech
- Math • Homework Aid • Craft • Music
- Chinese • Outdoor activities and team sports

#### **Other Options:**

- English tutoring • Math tutoring

#### **1<sup>st</sup> - 5<sup>th</sup> Grades:**

**Days/Hours:** Mon. - Fri. School dismissal - 6:30pm  
**Fee:** \$225 - full week; \$180 - 3 days/wk; \$144 - 2 days/wk per 4 week session

#### **Kindergarten:**

**Days/Hours:** Mon. - Fri.; School dismissal - 6:30pm  
(Kinder Club: 12:30pm-3:30pm and extended hour; 3:30-6:30pm)

**Fee:** \$310 per 4 week session or \$18 per day  
For more information, please call Maggie Chiang @ (858) 538-1925 email: [wkart2002@yahoo.com](mailto:wkart2002@yahoo.com)





## **Youth Sports Classes**

**MASTERyourSPORTS** offers great classes for the sports enthusiast in your family. Classes are held at Canyonside, South Village Park, Black Mt. Ranch Park, Hilltop, and Black Mt. Gym. All participants receive a Master Sports T-Shirt! Check out all the classes offered on their website [www.MASTERyourSPORTS.com](http://www.MASTERyourSPORTS.com) or email [info@masteryoursports.com](mailto:info@masteryoursports.com)

### **Junior Sports @ Canyonside**

Participants will play soccer, basketball, tee-ball, flag football and track n' field. Our coaching philosophy is to give participants a foundation in each sport by incorporating rules into modified games that are fun and appropriate for each age group.



#### **Saturdays**

Ages 3-5 years

11:30am - 12:20pm

8 weeks \$110 includes T-shirt and  
Official Master Sports Bat and Ball Set  
9/30/06 - 11/18/06

Register at Canyonside beginning September 5, 2006

### **Soccer Skills @ Canyonside**

Students will improve their ball handling, goal scoring, passing and more through fun and imaginative drills and games.

#### **Fridays**

4:00pm - 5:00pm for ages 5 - 7 years

5:00pm - 6:00pm for ages 7 - 10 years

8 weeks \$90 Free Master Sports Ball Included!

9/29/06 - 12/1/06

Register at Canyonside beginning September 5, 2006



### **Other classes offered**

*Jr. Sports @ South Village Park and Hilltop*

*Basketball Fundamentals @ Black Mtn. Gym*

*Baseball Fundamentals @ Black Mtn. Ranch Park*

*Volleyball Skills @ Black Mtn. Gym*

## ***Canyonside and Hilltop Upcoming Special Events***

**City of San Diego Park and Recreation Department and  
the Rancho Penasquitos Recreation Council present:**

### ***Winter Wonderland***

*Join us for our annual snow day at Hilltop Park. Come enjoy 55 tons of snow, train rides air jumps, and pony rides for only \$2. Arts and crafts projects only \$.50 each. There will also be craft booths with homemade gift items for the holidays. Santa will be in his workshop for photos between 12-2:30pm. Photos only \$2.50 or bring your own camera. Be sure to bring extra warm clothes...it can get chilly in the afternoon.*



*When: Saturday, December 2<sup>nd</sup>*

*Time: 11:00am*

*Where: Hilltop Recreation Center*

### ***OKTOBERFEST***

**FRIDAY, OCTOBER 20, 2006**

**@ HILLTOP REC. CENTER 6PM - 10PM**

Join us for German food, live music, biergarten and dancing!

Live German band - "The Gordon Khol Band" will play authentic German music. Families and all ages are welcome.

Families with children and those under 21 may enjoy the festivities in the non-alcohol grass area. You must have a valid ID to enter the beer garden. No one under 21 will be permitted in the courtyard beer garden. No beer allowed on the dance floor. Plates are just \$5 (bratwurst, German potato pancakes, red cabbage, sauerkraut or coleslaw, and Kaiser roll); Child's plate - \$3; Apple Strudel, Coffee, Soda or Water - \$1; Beer - \$2 each.

**For more information call Hilltop @ (858) 538-8198 or  
Canyonside at (858) 538-8131**

## **Rancho Family YMCA Gymnastics Classes**

The San Diego Park and Recreation Department and the Rancho Penasquitos Recreation Council are proud to offer Gymventures and Progressive Gymnastics classes in conjunction with the Rancho Family YMCA. Registration for these classes is done at the YMCA office located at 9410 Fairgrove Lane. For more information on class times, schedules, fees, and registration, please stop by the YMCA office, visit the website <http://rancho.ymca.org>, or call (858) 484-8788.

### **Gymventures Program**

Gymventures is a non-competitive form of physical education where children will have the opportunity to improve their self-confidence through movement. It incorporates gymnastics into a fun and exciting experience for both the child and parent. Our goal is to give your child the building blocks necessary to expand and progress to more advanced gymnastics skills.

**Gymventures 1 (14 months- 24 months)**

**Gymventures 2 (2-3 year olds)**

**Gymventures 3 (2.5-3.5 year olds)**

**Gymventures 4 (3 - 4 year olds)**

**Gymventures 5 (5-6 year olds)**



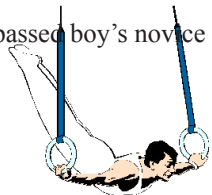
### **Boys Gymnastics Program**

We will now be offering a class especially for boys ages 5 and older. These classes will include 5 events; floor, parallel bars, pommel mushroom, rings, and vault.

**Boys Introduction:** Designed for children without previous gymnastics experience.

**Boys Novice:** Beginner level for those boys who have passed the Boys Intro. skill requirements.

**Boys Intermediate:** Gymnast must have passed boy's novice skills to be placed into this class.



### **Private Lessons**

#### **Private Lessons:**

We offer private lessons for all levels. For information, please call Diane at (858) 484-8788 extension 202. Days and times to be arranged.

**Fees:** \$75/\$95 --- 30 min. for 5 weeks

\$110/\$130 --- 45 min. for 5 weeks

### **Gymnastics Program**

Our Gymnastics Program is based on the developmental skill levels formed by USA Gymnastics. Our top priorities are to ensure your child's safety, while providing a fun and inviting atmosphere from which they can reach their highest potential. We have a 1:7 instructor to student ratio for all classes. This program has been developed to provide each child at all levels a safe and sound base from which to progress.

#### **Ages 5 & 6 year olds**

**Superstars** - For children completing all GV 5 requirements.

**Adv. Superstars** - For children who have completed the Superstars skill requirements.

**Hot Shots** - Director approval required.

#### **Ages 7 and older**

**Novice** - Beginner class for children 7 years and older.

**Level 1** - Advanced beginner class for children who have completed all of the skill requirements for novice.

**Level 2** - For children who have completed all skill requirements in Level 1.

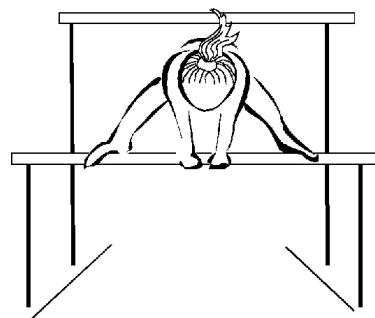
**Level 3** - For children who have completed all skill requirements in Level 2.

**Pre-Team** Gymnasts must try out and be approved for this level.

**Level 4-6 Competitive Team** - This level learns the level 4-6 compulsory routines and participates in competitions. 3 day min.

**Tumbling (Ages 8-12)** Attention Cheerleaders!! This class will help you keep up your tumbling skills during the off season. You will learn basic to intermediate tumbling skills. These skills include round-offs, walk-overs, and back handsprings. No previous tumbling experience required.

**Preteen/Teen (Ages 11-18)** This non-competitive class is for girls ages 11 and older. All skill levels welcome.



**Contact the Rancho YMCA @ 484-8788 or visit their website <http://rancho.ymca.org> for days, times and fees for classes.**

## Join the Rancho Penasquitos Tennis Association! \_ Call (858) 484-0745

### Tennis Instruction

#### **Adult Programs:**

Private and/or Group  
Lessons for Beginners  
or Intermediate

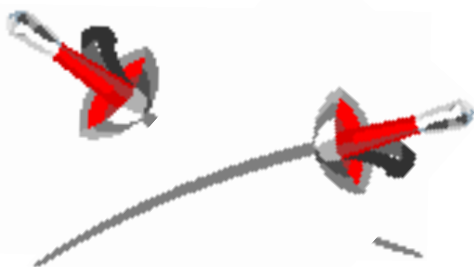
#### **Junior Programs:**

Private and/or group  
Lessons for Beginners,  
Intermediate,  
Advanced, and Tiny Tots



For more information call RPTC @  
(858) 484-0745.

*Attention All Fencing  
Enthusiasts!!*



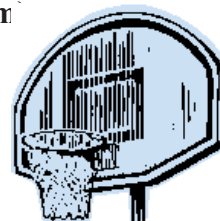
*Join us for fencing on Thursdays,  
7-9:30pm in Canyonside's Gym!  
Only \$72 for each 12-week session.*

*Dates for the Fall Session are  
September 21- December 14, 2006.  
Please register the first week of each  
session. For experienced fencers with  
own equipment. Scoring machine  
provided!*

## Adult League Information

### Adult Softball Leagues

Registration for Adult Softball Leagues are held in February and July. Adult mens, womens, and coed leagues available. **For more information please call: John Grondona @ (619) 261-0826**  
**Website (www.softballsd.com)**  
**E-Mail (johng@softballsd.com)**

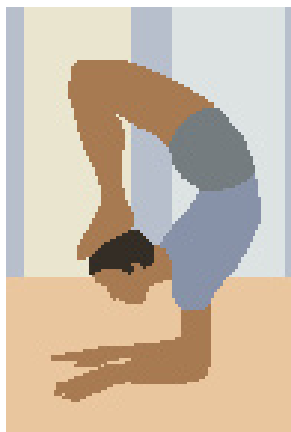


### Men's Basketball League

Canyonside also offers a Men's Basketball league. Games are held at Canyonside in the indoor gymnasium. League begins Tuesday, Sept. 12, 2006  
Time: 7:00pm - 10:00pm  
Fees: \$340 per team

**For more information call league director  
Lance Allison @ (619) 991-8902.**

## Yoga Class



*Feeling stressed... need  
peace of mind... want to  
become energized?  
Then come join us for a  
"free" yoga class in the  
Multi-purpose room at*

*Canyonside Recreation Center!! Every Saturday  
at 8:40am! Don't forget to bring a mat. For  
more information, contact  
Bindu Khetarpal @  
(858) 538-1073 or email at bindu@tealand.com  
Keep your mind and spirit strong...  
experience yoga!*

## Hilltop Recreation Center Staff and Hours of Operation

### CENTER STAFF

Steve Haupt	Area Manager II
John Kline	Center Director II
Betty Wood	Asst. Center Director
Raul Abayon	Rec. Leader I
Michele Hoelscher	Rec. Leader I
Mark McCowin	Rec. Leader I

### GROUND MAINTENANCE

Lee Hayes	GMW II
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### CENTER HOURS\*\*

Monday - Friday	2:00 p.m. - 7:15pm
Saturday	10:00 a.m. - 5:00 p.m.
Sunday	11:00 a.m.

### Holiday Closures

**Monday, 9/4/06-Labor Day**  
**Friday, 11/10/06-Veteran's Day**  
**Thursday, 11/23 and Friday, 11/24/06-Thanksgiving**  
**Monday, 12/25/06-Christmas**

*The Fall Session runs September 25 - November 19, 2006. All of Hilltop's classes are either four or eight week sessions. General registration for most classes begins on Tuesday, September 5, 2006. See individual classes for detailed information regarding dates, registration periods, etc. Refund requests must be submitted prior to the second class meeting. There is a \$10 processing fee for all refunds.*

## Hilltop Programs and Activities (858) 538-8198

### Civic Dance Arts Classes

The City of San Diego Park and Recreation Department offers a 15-week instructional dance class. **ALL HILLTOP CLASSES ARE ON THURSDAY!!** Registration fees are \$35. Fall session begins Sept. 25 - Jan. 20, 2007. Pre-register on Thursday, Sept. 21<sup>st</sup> at Hilltop with the dance instructor. You can also register with the instructor after the session begins, space permitting. Sign-up early, classes fill up fast. Priority will be given to returning students. Register with instructor at Hilltop Recreation Center at the time of your class.



**For more information, please call (619) 525-8258 or visit the website at [www.citydancearts.org](http://www.citydancearts.org)**

#### **TAP DANCE**

AGES: 4 - 5 years old  
 TIME: 3:00 pm - 3:45 pm

#### **JAZZ DANCE**

AGES: 6 - 16 years old  
 TIME: 4:30 pm - 5:15 pm

#### **TAP DANCE**

AGES: 1<sup>st</sup> grade - 16 years old  
 TIME: 3:45 pm - 4:30 pm

#### **BALLET**

AGES: 6 - 15 years old  
 TIME: 5:15 pm - 6:00 pm

### Ice Skating Class



4-

*The San Diego Ice Arena offers a week program giving skaters the experience of skills and excitement they've all been waiting for. During the course students will learn how to balance, glide smoothly, skate forward and backward, stop and also have time to learn a few tricks. Skaters can practice on the public session from 3:15 p.m. - 5:15 p.m. Skate rental is included. Classes are held at the San Diego Ice Arena, 11048 Ice Skate Place in Mira Mesa.*

#### **TOTS**

**AGE:** 3 - 5 years  
**DAY:** Wednesdays  
**TIME:** 4:00-4:30 pm

#### **YOUTH**

**AGE:** 6 - 17 years  
**DAY:** Wednesdays  
**TIME:** 4:30-5:00 pm

**FEE:** \$40.00  
 \$45.00

#### **NON-RES. FEE:**

**INSTRUCTOR:** Ann Daniels/Sara Lovejoy  
**SESSION I:** Sept. 6, 13, 20, 27  
**SESSION II:** Oct. 4, 11, 18, 25  
**SESSION III:** Nov. 1, 8, 15, 29 (no class on Nov. 22 for the Thanksgiving holiday).

**REGISTER AT HILLTOP REC. CENTER.**  
**SIGN UP EARLY! For more information call**



## Hilltop Karate Class

Get the Martial Arts Advantage! This is a complete interactive and complete goal oriented program! Learn a combined Martial Arts style, which includes Karate, Judo, JuJitsu, Kenpo, and Kung Fu. This program offers instruction in self-defense and sport karate for a better sportsmanship attitude. This program is designed to promote a higher level of self-confidence, improve self-esteem, discipline, concentration and coordination. It also improves social interactions and academic performance.

Each class is 1 hour long and adults and children train together in a positive family environment. Come by and try one class for free!

**AGES:** Youth (15 and under)  
Adult/Adv. (16 and Older)

**DAYS/TIME:** Wednesdays & Fridays

**Wednesday** Beg./Int. 5-6pm

Advanced 6-7pm

**Friday** Group Class 4:30-5:45pm

**FEES:** \$40/4 wks - 2days/wk  
\*\$2.50 off each for 2 or more family members

**SESSION DATES:** Sess. I 9/27/06 - 10/20/06  
Sess. II 10/25/06 - 11/17/06

### NEW INSTRUCTOR!

Rodney Alo, 6<sup>th</sup> Degree Black Belt  
For more information call: (858) 373-8848

## Adventures in Art



Did you know that art increases a child's creative thinking and problem solving ability, and develops positive self-esteem? Children will be introduced to a variety of art techniques and materials through exciting art projects! Each art lesson will also include relevant information about artists and/or cultures, which are related to the techniques being explored. In a supportive atmosphere, students will experiment with drawing, painting, collage, and three-dimensional design.

**Instructor:** Christina Snell  
(619) 666-6738  
csh13@san.rr.com

**\*\*Classes subject to a materials fee.\*\***

**Session:** Sept. 27 - Nov. 16, 2006

**Day:** Wednesdays or Thursdays

**Time:** 4:00 p.m. - 5:30 p.m.

**Fees:** \$120/8 weeks

\$20 materials fee paid to instructor

**Ages:** 5-13 years old



## Youth Sports Classes

MASTERYoursPORTS offers great classes for the sports enthusiast in your family. Classes are held at Canyonside, Black Mt. Gym., South Village Park\*, and Black Mt. Ranch Park. All participants receive a Master Sports T-Shirt! Registration for these classes begin September 5, 2006 at Hilltop.

Check out all the classes offered on their website [www.MASTERYoursSPORTS.com](http://www.MASTERYoursSPORTS.com) or

email [info@masteryoursports.com](mailto:info@masteryoursports.com)

### Junior Sports @ Hilltop and South Village

Participants will play soccer, basketball, tee-ball, flag football and track n' field. Our coaching philosophy is to give participants a foundation in each sport by incorporating rules into modified games that are fun and appropriate for each age group and most importantly a lot of fun. We will capture their imagination while improving coordination and strength.

Official Master Sports Ball and Bat Set and T-shirt included!

#### Wednesdays @ SV

10:00-10:50am (ages 3-4)

11:00 - 11:50am (ages 4-5)

8 weeks \$110

9/27/06 - 11/15/06



#### Saturdays @ SV

9:00-9:50am (ages 3-4)

10:00-10:50am (ages 4-5)

11:00 - 11:50am (ages 5-6)

8 weeks \$110

9/30/06 - 11/18/06

**\*Register online for South Village  
Class only @ MasteryourSports.com**

### Baseball Fundamentals @

#### Black Mt. Ranch Park

Coach Tedd Ekeroth will work with students on the fundamentals of the game using drills, games and a pitching machine to improve offense and defensive skills!

#### Saturdays

1:00 - 2:00pm (ages 5-7)

2:00 - 3:00pm (ages 7-10)

8 weeks \$90

9/30/06 - 11/18/06





## Fun Time with Toddlers

This class will offer your toddler a chance to express themselves through music, dance, and messy art projects. This is a mommy and me group so come and take the opportunity to make new friends while playing.

**Day/Time:**

Fridays  
10:00am - 11:00am

**Fees:**

\$85 for 8 classes

**Classes start on September 29, 2006**

**Instructor:**

Adele Saucedo

## Walk! Jog!! Run!!!

WALK! JOG! RUN! And it's FREE!! Class starts on 9/25/06. Come meet a new friend! This is a very casual class. Meet in the courtyard and bring a towel, roll mat, water, and 4 to 7 lb. hand weights. We'll divide into groups according to ability (you set your pace). Distance traveled averages 1 ½ to 2 ¾ miles, and takes 20 to 30 minutes. The majority of time will be spent outside. A large indoor room is available on "hot" or "cold" days or the room will be used for floor exercises and stretching. (Exercise to music may be occasional for variety/cross training.)

**DAYS:** Mondays and Wednesdays (*Possible Friday meetings by individual agreement only and can be off site.*)

**TIME:** 8:30am - 9:15/9:30am

**FEE:** Class is FREE!

For more information call  
(858) 538-8198.



## Maggie's Fine Art Class

*A complete fine arts program for children and adults. Learn drawing and painting skills using a variety of art materials. Have fun as you develop your creative imagination. These classes are great for all ages and ability levels. Students work at their own pace. Come and experience the joy of the fine arts.*

**Ages:** 5 years and up

**Fees:** \$52 per 4 week session

**Days/Times:**

Mondays  
4:15pm - 5:10pm

**Session Dates:**

Sess. I 9/25/06 - 10/16/06

Sess. II 10/23/06 - 11/13/06

**Instructors:** Maggie Chiang and experienced art teachers

*For more information, please call Maggie or David Chiang at*

*(858) 538-1925 or email [wkart2002@yahoo.com](mailto:wkart2002@yahoo.com)*

*\*Classes are also offered at Canyonside on Tuesdays and Saturdays!*



## Total Fitness for Every Body

This new class is a total-body conditioning class combining elements from core and functional training, Pilates and yoga. Exercise sequences are designed to both strengthen and stretch the major muscles of the body. Participants will also receive information on a wide variety of health and fitness topics, including diet, fat-burning, stress reduction and aging. This eight week course is taught by Christine Ekeroth, long-time fitness editor for the American Council on Exercise.

**Day/Time:**

Tuesday 6:15 - 7:15pm

**Fees:**

\$85 for 8 weeks

**Session Dates:**

9/26/06 - 11/14/06



**Classes are held at Hilltop Rec. Center**

## Black Mountain Multi-Purpose Center Activities 538-8128

### HOURS OF OPERATION

Mon., Tue., Thur.	5:30p.m. - 10:00p.m.
Wednesday	5:30p.m. - 9:30p.m.
Friday	5:30p.m. - 8:30p.m.
Saturday	10:00a.m. - 1:00p.m.
Sunday	Closed



### OPEN PLAY SCHEDULE

For open play hours (basketball, etc.) please call BMMC at (858) 538-8128 or Hilltop at (858) 538-8198. Black Mountain Open Play Hours are subject to change on short notice.

### Adult Men's League

#### **Three Divisions:**



#1 Mondays: Men's 40 & over

#2 Tuesdays: Men's Open 'C'

#3 Thursdays: Men's Open 'B'

Fees: \$340 per team

League begins week of 9/11/06

For more information and league dates, please call league director, Lance Allison @ (619) 991-8902.



### Basketball and Volleyball Skills Classes

#### Basketball Fundamentals

Former European Pro, *Coach Steve Smith* will help you improve all aspects of your game while having fun at the same time. Basketball classes focus on improving the fundamentals of class participants by teaching new skills and then having them work on them through a variety of different drills and games. Class includes a basketball and Master Sports tee-shirt!

**Ages:** K-2<sup>nd</sup> grade & 3-6<sup>th</sup> grade

**Dates:** 9/27 - 11/15/06

**Day:** Wednesdays

**Time:** 5:30pm - 6:30pm

**Fees:** \$90 for 8 week session



#### Volleyball Skills

UCSD Club Captain Talsia Blything will help students improve their passing, serving, setting, attacking, blocking, digging, rotation, sportsmanship and rules in this fun class.

**Ages:** 10-14 years old

**Dates:** 9/29 - 12/1/06

**Day:** Fridays

**Time:** 5-6pm (Beg.) & 6-7pm (Inter./Adv.)

**Fees:** \$90 for 8 week session

*\*Register for these classes at Hilltop\**

## PLAY

### **Basketball Clinics**

#### **Youth Basketball Developmental Play**



Our basketball sessions combine professional basketball training with team competitions. Clinics are 90 minutes divided between instruction (ball handling, shooting, rebounding, defense, movement without the ball, team defense, etc.), competitive drills, and organized competitive team play. Players will also learn valuable life skills such as discipline, goal setting, character, attitude, etc. These sessions are designed to improve the fundamentals, skills, and techniques necessary to become a better basketball player. Come have fun while learning the game of basket-

**Session:** Oct. ~~1st~~ December 2, 2006

**Ages:** Boys and Girls between 8-15 years old

**Day/Time:** Saturday, 10am - 11:30am

**Fee:** \$125 per session

**Instructor:** Brooks Barnhard (Former professional basketball player) along with other qualified staff

**Classes will be held at Black Mountain Middle School Gym. Spaces limited! Sign up early! Registration begins 9/18/06. For more information call Hilltop @ (858) 538-8198 or visit [www.play-bc.com](http://www.play-bc.com) Email: [coach-brooks@play-bc.com](mailto:coach-brooks@play-bc.com)**

court."

## PQ Skate Park (858) 525-5337

### **Skate Park**

**10111 Carmel Mtn. Rd.**

**Hours: Mon-Fri 12pm - 5pm**

**Saturday 10am - 5pm**

**Sunday 11am - 5pm**

**Fees: All day pass \$5**

**3 month pass \$30**

#### **Skate Park Staff:**

**Area Manager - Steve Haupt**

**Center Director I - Alex Davis**

**Rec. Leader I - Mike Mangarelli**



**All pads required!  
Waiver must be signed  
by parent!**

## General Information and Important Phone Numbers

### REGISTRATION INFORMATION

- All fees must be paid in full at the time of registration.
- Classes must be paid by check payable to RPRC or paid with **exact cash amount**.
- THERE'S A \$20.00 FEE FOR RETURNED CHECKS.
- PLEASE REGISTER EARLY!!
- Registration conducted on a first come first serve basis.
- Register for classes at the Recreation Center in which the class is being offered.
- Register for YMCA Gymnastics at the YMCA office at 9440 Fairgrove Lane.
- Classes are not held on observed holidays.
- Nonresidents of the City of San Diego are subject to different rates. There is an additional fee for all classes and leagues for those who live outside of the San Diego City Limits.
- Low income fee waivers are available which reduces the class cost for those who qualify.
- Classes are subject to changes please call the facility in advance to confirm.

### REFUND POLICY

- Full refunds will be issued for any class cancelled by the City or if the class is full.
- Refund requests must be submitted prior to the 2<sup>nd</sup> class meeting.
- Class fees will not be prorated. NO refunds after 2<sup>nd</sup> class meeting. NO refunds for missed classes.
- There is a \$10.00 processing fee on all refunds.

### RANCHO PENASQUITOS RECREATION COUNCIL

Do you have any questions? Do you want to be involved? The Recreation Council is an advisory committee made up of individuals from our community. Any resident interested in community recreation is invited to join this advisory group. Meetings are held every fourth Thursday of the month at 7:30 at Canyonside Rec. Bring your ideas! Get involved! Everyone is welcome!

### RECYCLING BINS AT CANYONSIDE PARK

We have recycling bins at Canyonside located in the back parking lot on the north side of the park by the back fields. Remember to recycle your aluminum, newspapers, cardboard, plastic, and glass. DO NOT OVERFLOW BINS. Rancho Penasquitos Recreation Centers benefit from this program! THANK YOU TO ALL OF YOU WHO RECYCLE HERE!



### FACILITIES AVAILABLE

Come check out Canyonside, Black Mtn. and Hilltop Recreation Centers. We have a variety of programs available to the public as well as open play hours for basketball and volleyball. We also have park space and meeting rooms available for rent on an hourly basis.

### RANCHO PENASQUITOS TENNIS CENTER

Rancho Penasquitos Tennis Center offers a variety of programs available to the community.

**For more information call (858) 484-0745**

### SPORTS LEAGUE INFORMATION

#### Youth Sports:

RP LITTLE LEAGUE	www.rpll.org	(858) 404-0577
PQ YOUTH SOCCER LEAGUE		(858) 538-GOAL
www.pqsoccer.com		
RP POP WARNER FOOTBALL		(858) 597-9350
PQ GIRLS SOFTBALL LEAGUE		(858) 334-1661
www.pqgsa.org		
PQ GIRLS TRAVEL SOFTBALL		(858) 484-9740
RPB YOUTH BASKETBALL		(858) 484-HOOP
www.rpbasketball.org		

#### Adult Sports:

MEN'S BASKETBALL (LANCE)	(619) 991-8902
SOFTBALL LEAGUES (JOHN)	(858) 271-0826
www.softballsd.com	

### RECREATION CENTER PHONE NUMBERS

BLACK MTN. MULTIPURPOSE CTR.	(858) 538-8128
CANYONSIDE PARK & REC.	(858) 538-8131
CARMEL MTN./SABRE SPRINGS	(858) 538-8100
HILLTOP PARK & REC.	(858) 538-8198
MIRA MESA PARK & REC.	(858) 538-8122
RANCHO BERNARDO PARK & REC.	(858) 538-8129
SCRIPPS RANCH PARK & REC.	(858) 538-8085
NED BAUMER AQUATICS CENTER	(858) 538-8083

#### Misc. Numbers:

SD COMMUNITY COLLEGE	(858) 221-6973
RANCHO FAMILY YMCA	(858) 484-8788
MASTERyourSPORTS	(858) 518-1315
www.MASTERyourSPORTS.com	

As a recipient of Federal funds, the City of San Diego cannot discriminate against anyone on the basis of race, color, gender, religious creed, marital status, sexual orientation, ancestry, national origin, age, mental or physical disability, medical condition (including HIV, AIDS, and AIDS-related Complex). If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with either the City of San Diego, Park and Recreation Department (contact District Manager at (619) 685-1304) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, DC 20240. This information is available in alternative formats upon request.



***We enrich lives through quality  
parks and programs.***